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3 THINGS YOU NEED TO KNOW

TWO UNITED AIRLINES PILOTS HELD ON ALCOHOL CHARGE IN SCOTLAND

Two United Airlines pilots were arrested on suspicion of being under the influence of alcohol in Scotland on Saturday as they were about to fly to the United States, police and the airline said. Police Scotland said the two men, aged 35 and 45, were detained under a section of the Railways and Transport Safety Act, which covers carrying out pilot function or activity while exceeding the prescribed limit of alcohol. The men are expected to appear in court in Paisley, near Glasgow, on Monday. The flight from Glasgow to Newark Airport, New Jersey, carrying 141 passengers, eventually took off nearly 10 hours late Saturday evening with a new crew, the airline said. REUTERS

IRAN ARRESTS NUCLEAR NEGOTIATOR SUSPECTED OF SPYING

2 Iran has arrested a member of the negotiating team that reached a landmark nuclear deal with world powers on suspicion of spying, a judiciary spokesman said Sunday. The suspect was released on bail after a few days in jail but is still under investigation, Gholamhossein Mohseni Ejei said at a weekly news conference, calling the unidentified individual a "spy who had infiltrated the nuclear team," state media reported. The deal that President Hassan Rouhani struck last year has given Iran relief from most international sanctions in return for curbing its nuclear program, but it is opposed by hardliners who see it as a capitulation to the United States. Ejei was responding to a question about an Iranian lawmaker's assertion last week that a member of the negotiation team who had dual nationality had been arrested on espionage charges. REUTERS

MORE BODIES LOCATED BENEATH RUBBLE IN ITALY QUAKE ZONE

3 Rescuers believe they have found more bodies buried deep in the rubble of the ruined town of Amatrice, five days after a devastating earthquake struck central Italy, killing at least 290 people. Residents of the hill town estimate that 10 people were still missing and emergency services said they had located three corpses in Amatrice's Hotel Roma, which, like much of the historic center, was wrecked by Wednesday's quake. Deputy Mayor Gianluca Carloni said his uncle's body had still not been recovered from the hotel, which was particularly busy at this time of year because of a food festival. "It is absolutely vital to finish as soon as possible this initial phase to make sure that there are no more bodies under the rubble," he said. REUTERS

People swim in the ocean at Coney Island during a week of ideal summer weather in New York City. GETTY IMAGES

A LABOR OF LOVE THIS COMING HOLIDAY

After this scorching summer, it's my weather pleasure to inform you that a gorgeous Canadian air mass will descend upon the entire Northeast just in time for your getaway Labor Day festivities, as yet another summer for the record books across much of the nation turns the page toward the autumn season.

Record heat with unprecedented warmth globally will be the case when the final analysis of this summer is in. The politics of global warming might once again start to "heat up" as the presidential race (aka reality show) spins its finale come this November, with my prediction of record-setting mud-slinging dominating the headlines.

And, yes, with the arrival of cooler air come this Labor Day weekend so will thoughts of football. Patriot fans, I feel for you, as one of the worst decisions in the entire history of the NFL was the suspension of Mr. Football himself, Thomas Edward Patrick "Tom Brady Jr.," for Deflategate, which has really taken the wind/air out of the first four weeks of football in Patriotland.

Anyway, this endless summer will continue through the midweek as temperatures from Philly to NYC still flirt with the 90-degree mark. However, by Thursday the coolest and driest package of air will start to dive into the Northeast with a couple of scattered boomers on Thursday and then — plop, plop, fizz, fizz, oh, what a relief it is — golden sunshine and deep blue skies, combined with very little in the way of humidity, will paint the atmosphere right through your entire holiday weekend.

Bolaris' Weather Watch

JOHN BOLARIS
@weathersavior

Keeping an eye on the tropics

Hurricane Gaston, which has been fluctuating between tropical storm status and hurricane status, will make a strong Northeast turn and any land masses will remain out of harm's way.

One disturbance off the Southeast coast could become a bit more organized, but even if it does strengthen some, it will push westward across the Carolinas in the short term as a minor system.

A tropical system near the Bahamas could develop into a tropical storm as it continues to move into the Gulf of Mexico.

Long-range computer models are indicating strong tropical development near the Leeward Islands by late this week.

Here's the local forecast for the Labor Day weekend:

New York

Friday: Golden sunshine, zip humidity, 78 degrees

Saturday: Golden sunshine again, low humidity, high of 81

Sunday: Sunshine, touch more sticky, 85

Labor Day: More humid with a high of 81 degrees

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Keep on truckin'

One man's quest to bring smiles to people — even New Yorkers

KIMBERLY M. AQUILINA
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Ben Oude Kamphuis said he hopes to spread love and peace with his truck, Nellie Jane. COURTESY OF BEN OUDE KAMPHUIS

After working with disabled children and adults for the last 30 years, Ben Oude Kamphuis decided to take the travels he peppers his life with and make them his main course.

Oude Kamphuis turned 55 on June 7, retired from his job with the city of San Francisco, drove across the United States and stopped in New York before he shipped his '55 Chevy, Nellie Jane, to Africa, where he plans to help his friend build a school. In an age of intolerance, Oude Kamphuis is trying to bring smiles and understanding — even to jaded New Yorkers.

He didn't intend to go to Ghana initially. He just planned to see the United States, stopping at schools for the deaf and disabled along the way so the kids could experience Nellie Jane, his specially tricked-out truck with a giant half globe in the back, toys and other items attached to the hood and a smiley face for hubcaps. He instantly attracted a crowd near Penn Station recently when he stopped and let strangers take pictures and ask questions about Nellie Jane.

"I grew up in a free country," he said. "I came to a free country. I feel like the lucky one. I saved a little money. I created an old car that I have fun with and it makes people talk and smile, so I feel like the lucky one that I can do it."

Oude Kamphuis said he believes in love, peace and harmony, but he never takes the credit for bringing happiness. Instead, he gives all the praise to "old Nellie Jane."

Nellie Jane is an American car, but Oude Kamphuis was born in Holland in a small farming community. He lived with his mom and siblings on a farm. As the second-youngest in the brood, Oude Kamphuis was used to hand-me-down clothing and toys. His nonattachment to material objects is still evident today. He doesn't have a house. He doesn't care for fancy clothes. All of his money, he said, goes to Nellie Jane.

> *"I've always had a good time. It didn't matter if it was Wednesday, Saturday or Sunday. It was always a good day."*
>
> Oude Kamphuis

"The way I choose to live my life makes it look like, 'Oh, this guy is just swimming in the money.' That's not the case," Oude Kamphuis said passionately. "I sleep in the back of my truck. I eat. I don't care about clothes. I love my '55 Chevy and that's where I put my money. And I saved some money over the 30 years that I worked and I don't have a home. I don't have anything."

"That's what I want to do with my money. You have a choice to do what you want with your money."

When Oude Kamphuis was 15, he told his mom he wanted to see Paris. He saved his money from his gardening jobs. His mom not only gave her blessing, she encouraged her son to go, sparking a long relationship with wanderlust. Mandatory time in the Holland army was first, though.

"It's not my belief," Oude Kamphuis said. "I understand we need an army, but I'm way more of a hippie guy. Can we not get along with each other? I will come with flowers instead of a gun."

A social worker friend cemented the idea that Oude Kamphuis was going to work with the disabled. He flew to Indiana in 1987 to work at a camp for kids through the University of Bloomington. His curiosity took him to San Francisco on a Greyhound bus where he fell in love with the West Coast.

Oude Kamphuis might have lived in California, but he never really settled. For the first seven years Oude Kamphuis lived a nomadic life, hopping from camps to Native American reservations to other camps helping kids and adults with disabilities. He then landed a job with the city of San Francisco as an adaptive recreation specialist, where he said he has "never gone to work" one day of the 23 years he was there.

"It didn't matter if it was Wednesday, Saturday or Sunday. It was always a good day."

Good days included the vacation time Oude Kamphuis saved up, which allowed him to travel while holding a steady job. While in Utah about 16 years ago, he met Nellie Jane. Since then, he and his custom antique auto have traveled the continents.

After returning from a road trip to Brazil in 2014, Oude Kamphuis enlisted the help of his students and gave Nellie Jane a makeover.

"The last art project was making old Nellie Jane into the Earth, you know, that we're all the same people," Oude Kamphuis explained. "Kids and adults with disabilities have helped me paint it, decorate it and then it looks right now that the back all looks like the Earth … the idea with the truck is like, if I park it somewhere or even today like in New York City, when I drive, people look at it and they all start smiling and 'Hey, man, thumbs up. Let's help each other and stop discriminating and stop the hate and the violence.' So that's kind of like roughly the idea with old Nellie Jane."

Nellie Jane is now on her way to Africa. After wrapping things up in California, Oude Kamphuis will be reunited with his truck with plans to stay for a few years drifting from community to community helping build, reconstruct and grow.

"I'll probably stay in Ghana for a year or two just to help [my friend] work on [the school] … then maybe drive old Nellie Jane through Africa, South Africa and just see if there are different projects that I can be involved in," he said.

Wherever he goes, Oude Kamphuis seems most excited about the joy Nellie Jane brings to people.

"I'm sick and tired of hate and violence and I don't wanna sit down and not do anything about it," Oude Kamphuis said emphatically. "I have a responsibility. And this is my little dream that I cooked up. How I see my life going. I saved some money, and this is what I wanna do. Put a smile on people's faces. Just by looking at the truck is going to make them smile."

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Bare-chested protest for equality

Women — and men — parade down Broadway demanding equality over going without a top.

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Lori Peniston, left, and Stephanie Price marched in the GoTopless Pride Parade in New York City Sunday AMANDA MIKELBERG

"Free your breasts, free your mind!"

The rallying cry of the Gotopless.org activists rang out on Broadway as they marched bare-chested from Columbus Circle to East 47th Street on Sunday. New York City was one of nearly 60 cities across the globe to march on Aug. 28 in GoTopless Pride Parades, in order to free the nipple on behalf of women's equality.

"Women should have the right to free themselves. I hope we give the idea women should be equal in every field," said Nadia Salois, one of the GoTopless Pride Parade organizers.

The parade is planned each year on the Sunday closest to Women's Equality Day, Aug. 26, which was designated by U.S. Congress in 1971 to commemorate the 1920 ratification of the 19th Amendment to the Constitution granting women the right to vote.

The activists are fighting on behalf of a woman's right to go topless in public, just as men are, without reproach, arrest or abuse. The movement was founded in 2009 by Claude Vorilhon, also known as Rael, the spiritual leader of Raelism of which the religious principals call for absolute equality of the sexes.

As of 1992, it is in fact legal for a woman to go topless in New York City, but the right is not often exercised, and even police who are unaware of the law have tried to arrest women who bare their breasts in the city. In one civil rights case in 2007, the NYC paid out $29,000 in a settlement to a topless artist who had been arrested in 2005.

"I've been a feminist since age 12," said Clare Hogenhauer, 70, as she waited bare-breasted for the parade to begin under the hot noon sun. The former criminal defense attorney, who is currently fighting bone cancer, wants to inspire women to be proud of their bodies and unashamed to claim the same rights that men have to take their shirts off.

"Hopefully one day it will be normal for a woman to take her shirt off on a hot day in the park or at the beach," said Salois, a Montreal native. "I'm not talking about going to the supermarket or school. But anywhere that a man may want to remove his shirt a woman should too and not be humiliated."

Plenty of men came out to support the toplessness, and while many were ogling, attempting to taking selfies with marchers, and screwing on telephoto lenses, many were there to advocate for the express cause of empowering women to free their breasts, whether for the reasons of breastfeeding, comfort or personal expression.

Joseph Dunsay marched topless to "support gender equality in the law," said the writer from New Jersey.

"It's about freedom of expression and First Amendment rights. I realized that what people wear is a way to speak, and modesty is a prescription of society but not the law," said Dunsay.

"Whether breasts are sexual depends on other factors, such as what's above the neck and her intentions. Men should learn not to catcall a person just because her top is off," he added.

Though the goal may be to desexualize the breast, some witnessing the parade don't see that as a realistic possibility.

"I don't want naked pics of myself on the internet, because they're not going to end up on desexualizednipple.com," said Mandy Stadtmiller. "It's an ignorant form of idealism— you can't change men."

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Writer Ingrid Burrington JONATHAN MINARD

New York City's hidden networks revealed in new book

"Networks of New York" is a guide to seeing where the communication grid meets the grid of New York streets.

KIMBERLY AQUILINA
@MetroNewYork
letters@metro.us

Did you check your email while you were on the train or before you left home? If you're reading this on a smartphone or laptop, does your reading history get stored in "the Cloud," an all-knowing nebula of information that floats above us? What does the internet look like?

Those are some of the questions artist and author Ingrid Burrington asked herself, and the answers spawned "Networks of New York: An Illustrated Field Guide to Urban Internet Infrastructure," a book from the presses of Melville House Books due out Aug. 30.

"In 2013, after a lot of the [Edward] Snowden stories started dropping, all of these [news] stories had the worst clip art and stock photos on them," Burrington said. "Like a black screen with some green letters and a lot of arbitrary looking things, like this one photo of the NSA that was taken in the 1970s, and I just kind of thought to myself, 'I don't know what the internet looks like, but I don't think it looks like this.'"

Being just your average citizen, Burrington, a Baltimore native who lives in Brooklyn, wasn't able to interview top NSA officials or access hidden government data facilities. She said she was more interested in what she could see street-level and wondered about the complicated system that allowed her to do something so everyday, like checking her email while she walks down the street.

"In belonging to everyone, it technically doesn't belong to anyone," Burrington said. "The internet, if it's a network of networks, it's a bunch of different companies who own lots and lots of cables who choose to have their bunches of cables connected to other people's networks."

"Networks of New York" provides the key that allows you to see the spray paint, manhole covers and other markings that make up the tech network map.

And if you're worried that shows like "CSI" teach the bad guys how to get away with murder, Burrington said her book isn't divulging secrets; her bibliography includes city franchise agreements from their websites, TSA documents, city permits and small talk with workers doing excavation.

Burrington said she hopes the book will create an understanding of the internet and other seemingly mundane operations without taking them for granted.

"My friend, Aaron Cope, said something a while back about how civil society is a project for letting us take things for granted," Burrington shared. "The internet just works. We just have clean drinking water. We just have freedom of speech. The thing that's always dangerous about that project [is] it's harder to tell what it means for them to stop working and a lot easier for abuses of power to come into play."

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LaRina Pastificio & Vino MICHAEL TULIPAN

Order these dishes for Italian disaster relief

Italian restaurants around the city are serving a special dish to benefit their homeland.

EVA KIS
@thisiskis
eva.kis@metro.us

Central Italy was devastated by a severe 6.2-magnitude earthquake last week that caused more than 260 deaths and displaced thousands of people. Italian restaurants here in New York City are doing their part by serving a dish called pasta all'amatriciana, created in the hardest-hit city of Amatrice. Made with guanciale (Roman bacon), Pecorino Romano cheese and onions in a tomato sauce, each dish will benefit earthquake relief through the Italian Red Cross.

Two restaurants have added it to their menus with a charitable component: At the West Village's rustic **da Tommy Osteria**, $10 of its $17 price will be given to the Italian Red Cross for every order through the end of September. *14 Bedford St., datommy.com*

Fort Greene newcomer **LaRina Pastificio & Vino** makes its pasta in-house and adds braised red onions to the dish, which will be on the menu through the end of next week, with $1 from each order being matched by the restaurant to be donated to the Italian Red Cross. *387 Myrtle Ave., larinabk.com*

All four locations of **Tarallucci e Vino**, which just opened in Nomad, will offer the dish ($21) on their modern Italian lunch and dinner menus through this week, with a portion of proceeds going to support the victims in Amatrice. *taralluccievino.net*

Its spaghetti al pomodoro has the distinction of being best in the city, so it's a good bet **Ribalta** in Greenwich Village is doing the amatriciana version right, too. The dish will be available from now through the end of September and for every dish sold, the restaurant is donating $4 toward earthquake relief. *48 E. 12th St., ribaltapizzarestaurant.com*

The tasting menu is usually the way to go at Lidia Bastianich's **Felidia** in Midtown. But through the end of the year, get its chitarra all'amatriciana a la carte to benefit earthquake relief. *243 E. 58th St., felidia-nyc.com*

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Indonesian festival

The Indonesian Consulate in New York City and the Indonesian Street Festival Committee hosted a celebration of the 71st Indonesia's Independence Day on East 86th street in Manhattan on Saturday. "Bali & Beyond" was this year's theme, and everyone enjoyed food, music and dance acts that celebrate Indonesian culture. PHOTOS BY BILLY BECERRA, METRO

BRIEFS

Ithaca College student from NYC fatally stabbed in brawl on Cornell campus

An Ithaca College student is dead after a large fight broke out on the nearby Cornell University campus early Sunday morning.

Anthony Nazaire, a 20-year-old sophomore from Brooklyn, was stabbed in the brawl outside Cornell's chemical engineering building, and later died in the hospital from his wounds, Ithaca.com and the NY Daily News reported.

Another man was found stabbed, but was treated for his injuries and released from the SUNY Upstate University Hospital.

A weapon was also found at the scene, but authorities have not released details on the weapon used in the stabbing or any details about the fight.

According to police, witnesses are being interviewed as authorities work to create a suspect profile.

In a statement posted online at Ithaca College's website, school President Tom Rochon expressed his condolences:

"I hope you will hold these students — along with their families, friends, classmates, and professors — in your thoughts and prayers at this difficult and tragic time."

This is the first homicide in Ithaca since a shooting in December 2011. ALEXIS SACHDEV

Woman behind NYC subway bug 'prank' apologizes

A woman who unleashed a box of live crickets and worms in a crowded D train car last week is speaking out on her panic-inducing stunt, claiming she's an actress and the "prank" was intentional and planned, but is still sorry.

Zaida Pugh, 21, dressed up as a homeless woman and boarded the train Aug. 25, attempting to peddle the bugs.

Speaking to the Gothamist, Pugh said the stunt was meant to be a piece of performance art commenting on the treatment of homeless people.

"The point of the video was to show how people react to homeless people, how people look down at them. It was also to show how people are so fixated on recording stuff, instead of helping other people. Even before I posted the video, people had their own videos up," Pugh, who claimed she has performed similar video stunts over the past four years, said. ALEXIS SACHDEV

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TEAM TIME

TOM FOREMAN
Opinion
CNN's Tom Foreman is the author of the book "My Year of Running Dangerously." @tomforemancnn

Republican National Convention GETTY IMAGES

Aside from their obvious strengths and weaknesses as candidates, both Donald Trump and Hillary Clinton need robust organizations to carry them over the finish line. This week, all three of my things to watch in politics are about team, team, team.

1. ALL TOGETHER NOW
A short while ago, when Bernie Sanders was still raging along the campaign trail, it seemed unclear if traditional Democrat power blocs would fully back Hillary Clinton as the nominee. Not anymore. She wrapped up last week with an endorsement from the Teamsters, which is a big signal to organized labor far and wide to get in line no matter how they may feel about her trade deals. Watch for the Dems to tighten their ranks even more this week, with a wide range of surrogates pushing the campaign's talking points ("We love millennials!") and gang tackling any controversies that come her way.

2. WE JUST DISAGREE
It remains shockingly uncertain whether folks on the right side of the aisle are ready to stand with their guy. Even with Donald Trump reorienting some of his more polarizing positions, many rank-and-file Repubs remain noncommittal. Just as it was a week ago: Keep watching for more high-level defections — big GOPers who say they'll back Clinton. Trump's power does not spring from his party's Washington elites, but their open criticisms are not helping. And the polls keep steadily chewing at his hopes for electoral wins not only in battlegrounds, but also in some states that are normally bright red.

3. WHO IS IN THE HOUSE?
Hopes are rising for Democrats, and anxieties are skyrocketing for Republicans over the other races this fall. Put simply: If the GOP holds onto the House and Senate, the party won't care as much who wins the White House. But if the Democrats take over a chamber — or two — and win the Oval Office, it's a whole new world. Watch for a lot — I mean A LOT — more talk about the "down ballot" races in coming weeks.

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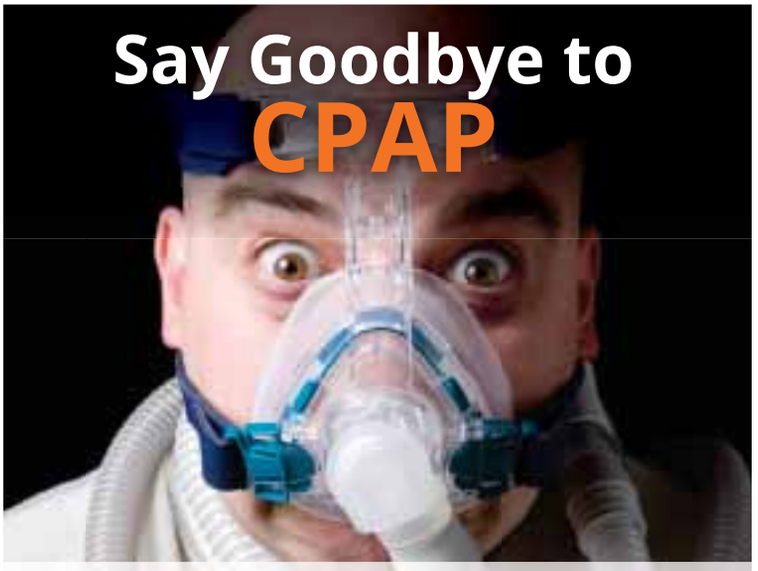
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Two dead, 41 hurt in bus crash involving Louisiana flood-relief volunteers

Two people died and 41 more were injured when a bus carrying volunteers to help with Louisiana flood relief spun out of control near New Orleans, local media reported Sunday.

St. John the Baptist Fire District Chief Spencer Chauvin died Sunday morning after the charter bus slammed into him as he tried to help victims of another accident, television station WWLTV of New Orleans reported, citing police and parish President Natalie Robottom.

Two other firefighters were injured in the crash and a second person, who has not yet been identified, also died, the television station said.

The bus driver, identified as 37-year-old Denis Amaya Rodriguez, was in custody on suspicion of multiple violations, NBC News reported, citing Louisiana State Police spokeswoman Melissa Matey. Rodriguez, who is from Honduras, was in the U.S. illegally, the network reported, citing Matey.

The accident scene
ACADIAN AMBULANCE TWITTER

Few details were available Sunday afternoon about the cause of the accident. Matey told NBC that 41 people on the bus suffered minor injuries.

A local ambulance company said on Twitter it had transported 38 people to hospitals from the scene of the accident on Interstate 10 near the community of Laplace, about 25 miles northwest of New Orleans. The company, Acadian Ambulance Service, said that a second ambulance company had transported three additional people to hospitals.

The bus, filled with volunteers to help residents recover from massive flooding in Louisiana earlier this month, was traveling westbound on Interstate 10 when it crashed into the fire truck and another vehicle, the television station and other media reported.
REUTERS

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Baby Boomers May Avoid Knee Surgery With Modern Arthritis Treatments

Doctors say these two factors are the keys to knee arthritis treatment success and relieving pain without surgery

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

"We all know that countless lives are being saved every year because of early detection and better treatment" noted the clinic director at the ***NY Pain MD*** in New York City. "*The same holds true for treating arthritis pain. I believe we are having so much success at* ***NY Pain MD*** *because of two factors: One is we are using advanced medical technology and treatments a lot of clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to trying to avoid knee replacement surgery is doing the correct treatment as soon as possibly"*

What is the "correct treatment?"

"That depends," said the director. *"There is no one answer when it comes to medical conditions. Knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day,"* added the director.

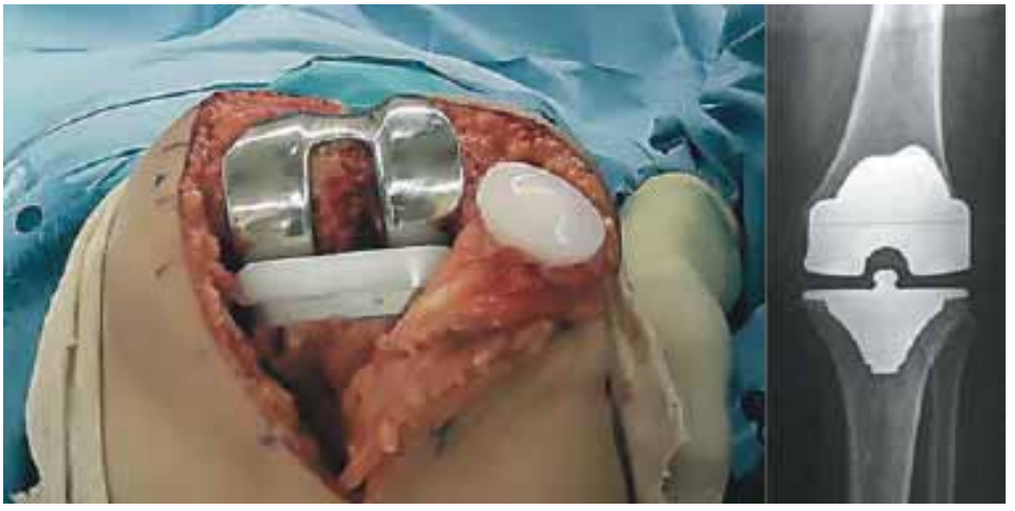
For many knee arthritis pain sufferers the right treatment is Viscosupplementation whereby a preparation of Hyaluronic acid a gel-like FDA approved medicine is applied directly into the knee joint using *Precision Arthritis Targeting Technology.*

Hyaluronic acid is the natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupplecosupplementation gets the best results and is so important for avoiding surgery.

The director believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space precisely. That's why the doctors at ***NY Pain MD*** use advanced imaging technology to apply *Precision Arthritis Targetin*g during every treatment.

A device called the "C-Arm" allows the doctor to see into the joint and actually watch the medicine be applied exactly where it is supposed to. Research shows that performing procedures without Precision Arthritis Targeting (P.A.T.T.)can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without Presision Arthritis Targeting Technology and did not get good results - this may be why.

"If you have knee arthritis pain, viscosupplementation might be the answer you are looking for. The keys are not wait, get a good evaluation from an expert and make sure precision arthritis targeting is used to make sure you have the best chance for success."

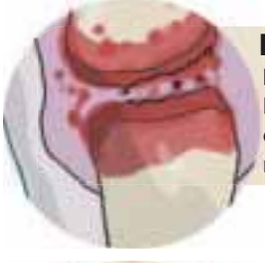


Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife.

Normal Pain-Free Knee Joint

Everyone Wants Proof:

In the artist simulated drawings, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.



Knee With Painful Arthritis

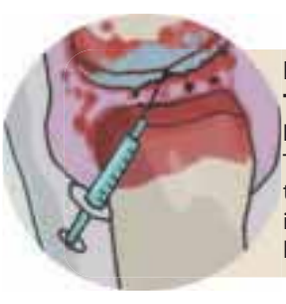
Pain -

Illustration shown is a knee joint with painful xosteo-arthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs,swelling and a lot of pain.

Hyalgan Injected Directly Into Knee Join like "Joint Oil"

Sucessful Treatment -

Successful Treatment - Hyalgan (blue) being precisely injected directly into the knee joint using Hologic digital imaging. Advanced imaging allows treatments to be as precise as possible. Hyalgan can lubricate the joint and decrease pain.



Research Shows Doctors Miss The Joint Space Up To 30% Of The Time Without Advanced Imaging

Failed Treatment -

The injection (and Hyalgan) misses the joint space. Research shows this occurs up to 30% of the time without the use of Hologic digital imaging to guide the injection. This is why Hyalgan may not have worked for you.

Knee Pain Screenings Offered To Help Determine If New York Metro Area Residents Qualify For Popular Treatment

Knee pain sufferers have limited time to claim knee pain screening to see if all-natural knee arthritis treatment might work for them

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the past year and a half, hundreds of knee pain sufferers have flocked to ***NY Pain MD*** New York City.

That's when their specially trained-doctors added Hyalgan treatments to their already successful comprehensive knee pain relief program.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil." It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated. They have also developed medical lubricants that are also natural but made a bit like yogurt and "cultured" into highly effective arthritis pain-fighting medical lubricants.

When introduced directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers - even many who have already tried other treatments like Synvisc, Supartz, Orthovisc and even Hyalgan. This is because our treating doctors always use ***"Precision Arthritis Targeting Technology".*** *This allows us to place the Viscosupplementation exactly where is needs to be. Studies show doctors doing joint injections without technology can miss the joint up to 30% of the time."* noted the Director of Center

NY Pain MD is a state of the art medical facility offering only the best technology.

Advanced Medical Technology Can Make All The Difference: This advanced Precision Arthritis Targeting Technology using fluorososcopic imaging allows doctors to see directly into the knee joint so treatments are precise and the FDA approved lubricating medicine actually goes EXACLTY where it is supposed to. Studies show that procedures done without this technology can miss the joint up to 30% of the time. This is one reason Viscosupplementation may not have worked for you in the past. ***NY Pain MD*** uses this P.A.T. Imaging Technology. with each and every treatment.

And that's not all :

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. After getting treatment and feeling better, many patients have decided to cancel their total knee replacement surgeries." added the director.

How To Find Out If It Can HelpYou?

If you have knee pain, the ***NY Pain MD*** doctors would like to invite you for a no-obligation screening to see if you are a candidate for their treatments using *Precision Arthritis Targeting Technology.*

Many Insurance Plans Participate*:*

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**EZ payment plans and financing also available*

All you have to do is call 800-227-KNEE (5633) right now and when the scheduling specialist answers the phone tell her you would like your no obligation "Knee Pain Screening." The doctors at ***NY Pain MD*** can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obligation screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

And here's something really important - Viscosupplementation treatments are covered by most insurance, union plans and even medicare. To schedule your no obligation screening or if you have any questions:

Call: 800 227 KNEE

Are You Qualified For Knee Arthritis Screening With *NYC Pain MD?*

- **Do you have pain and osteoarthritis (arthritis) of the knee?**
- **Have you tried other treatments such as NSAIDS and other anti-inflamatory medications without success?**
- **Have you already tried viscosupplementation (Hyalgan, Suparz, Synvisc) without satisfactory results?**

If you answered yes to any of these questions - give *NY Pain MD* a call and schedule your no obligation knee pain screening

NYC PAIN MD

800-227-KNEE (5633)

For more features stories, visit metro.us

ALL PHOTOS GETTY IMAGES UNLESS STATED OTHERWISE

Drake gifts Rihanna a billboard

Talk about bringing your relationship to new heights.

After news broke that Rihanna would be receiving the Michael Jackson Video Vanguard Award at the VMAs, Drake congratulated the pop singer in the most over-the-top fashion: he bought her a massive billboard.

"Congratulations to Rihanna from Drake and everyone at OVO," the billboard, reads. The gesture didn't go unnoticed by Rihanna — on Friday, the 28-year-old singer posted a photo of the billboard to her Instagram account, with the caption "When he extra !!!" alongside a heart and trophy emoji.

Rumors have been swirling that the pair are secretly dating.

IA/ BADGALRIRI/ INSTAGRAM

And although Rihanna insists she's still single, her response to the Canadian rapper's most recent gift definitely adds more fuel to the fire.

We guess Drake really needs to "work" if he wants to win RiRi's heart for good!

the word

CHLOE TSANG
letters@metro.us

Diddy and Cassie are officially back together

It's official: Sean "Diddy" Combs and Cassie are back on. And what better way to celebrate than by throwing a lavish birthday bash?

Last week, TMZ reported that the on-again, off-again couple had called it quits following an argument that brought the cops to Cassie's home. But based on this weekend, it definitely looks like she and the 46-year-old hip-hop artist are back on.

On Friday evening, Diddy threw his singer girlfriend a 30th birthday party that involved a massive cake, tons of social media posts and plenty of celebrity guests.

Just ahead of the celebrations, Diddy posted a

video montage of Cassie to his Instagram account, alongside the caption: "HAPPY BIRTHDAY BABY! @cassie I LOVE YOU ALWAYS. GOD BLESS YOU." He also took to Instagram to post his Snapchat story documenting the party, which featured appearances from the likes of Naomi Campbell, French Montana and Quincy Taylor.

Despite the drama that went down last week, the party confirms that the two are still together and very much in love — we guess time (plus an awesome birthday rager) really does heal all wounds.

Usain Bolt parties, invites women back to hotel

It's been one week since the closing ceremony of the Rio Olympics, but Usain Bolt is still celebrating.

The nine-time gold medalist was spotted partying in London over the weekend, dancing at a nightclub until 5 a.m for the fourth

night in a row. He then invited a group of "up to 10 women back to his hotel to continue the fun," according to People.

Meanwhile, Kasi Bennett, Bolt's girlfriend of three years, doesn't seem too pleased with the sprinter's partying lifestyle. Shortly after the photos of Bolt surfaced, the 26-year old model tweeted the hashtag "#SelfControl" from her Twitter account.

Earlier this week, Bennett also took to social media to like several fan comments alluding to Bolt's unfaithfulness during the Olympic Games. One user's tweet read: "@usainbolt you traded your life with a #goddess @kasi__b for a one night fling with someone who will never even come close. I can't."

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Riding the wave

For their sophomore album, the Wind and the Wave got a little help from a friend.

RACHEL RACZKA
@rachelraczka
rachel.raczka@metro.us

The Wind and the Wave will join Butch Walker in Brooklyn and NYC. GETTY IMAGES

Austin duo the Wind and the Wave charmed critics and fans alike with their 2014 debut "From the Wreckage." Vocalist Patty Lynn Drew and producer-guitarist Dwight A. Baker are best friends who just enjoy making really, really good music, and it's utterly refreshing.

For their second album, Baker handed over the production reigns to Butch Walker, a new experience for both he and Drew, who had never recorded with someone else before. The result being "Happiness is Not a Place," their sophomore LP under a new label (they hopped from RCA to Island last year) and a poppy first single, "Grand Canyon," a rapturous toe-tapping departure from their indie folk roots. Baker calls in from a break from the studio to discuss the new single, working with Walker and his personal "Grand Canyon."

Tell me about "Grand Canyon." What's the moral of the story?

That one in particular is about [Patty] and her brother being in a horrible car accident, and a coma on the eve of our first record coming out. I feel on a deeper way, it's about not taking for granted the moments that you're given. Go see the amazing things.

Is that a self-serving mantra, too?

That's mainly where the song comes from. Patty is a 28-year-old hermit who has a soul of a 60-year-old, and I've had the soul of a 60-year-old since I was 6. We just want to eat macaroni and cheese and chill, but you've got to force yourself to go out. See the sights.

What's on your bucket list? What's your personal "Grand Canyon"?

Well I'm fascinated by history, and I'd love to see some of the things that are impossible now. Things in Iraq and Egypt, where I don't think things would go very well for me and my giant Nordic ass. I love cities like London and Madrid and Paris and Vancouver, where it's more about finding the footsteps of how a country was founded. I'd like to walk those steps myself.

What was it like working with Butch Walker?

Butch is rad. He's similar to me. We chose him because I went in after making two records back-to-back, and I was burned out. It was time to make a new album for a new label, and I had zero desire to go into the studio, which is a bad place to start a record.

Butch turned out to be a good choice because he had just done [his own] album with Ryan Adams, and it was the first he [didn't produce himself] in 20 years. Butch was someone who knew what it was like being "the guy," but then have to deal with someone new. He knew when to be brutal and when to be understanding.

Butch Walker reveals his secret political fantasy

Butch Walker's newly released eighth album, "Stay Gold," quickly follows up 2015's folksy, introspective "Afraid of Ghosts," which was influenced by the passing of his father.

For this album though, the musician/producer, who splits his time between Los Angeles and Nashville, is ready to rock. Besides making his own music, Walker's written songs for the likes of Taylor Swift, Katy Perry and Pink, and produced for Brian Fallon, Fall Out Boy and Frank Turner. As Walker tells us during band rehearsals in Nashville, "I love my job."

Butch Walker gets back in touch with his rock 'n' roll roots on "Stay Gold." PROVIDED

What was the main inspiration behind "Stay Gold"?

I was coming out of this more emotional time with the previous record: my dad had passed and a close friend, too. That was a sad record — beautiful, I love it. It was like therapy for me. I had been worried I wouldn't ever write again after that record. I had spilled my guts. It was a dark record and I worried I had nothing left.

Thankfully that wasn't the case.

Yes, this record is about celebrating, sometimes celebrating vicariously through characters. A lot of it is about the small Bible-thumping conservative town I grew up in. But it's more about falling in love and getting out and wanting more than the small town, small-mindedness where everything is black and white. There's this thing where people never see eye-to-eye and it's all to do with a f—d up ego.

Speaking of which, the video for "Ludlow Expectations" is a GIF featuring Hillary Clinton and Donald Trump flirting.

That's my secret fantasy. They're a secret power couple and just playing everybody. Don't get me started on politics. But I enjoyed taking the piss with that.

How did you come to write "Descending" with Ashley Monroe?

Ashley and I have been buddies for ages. She was flying into L.A. and we were talking on the phone about relationships and how it's a constant struggle to keep love going. She just said, 'We're descending,' and I was like, 'What, your marriage or the plane?' And she said, 'The plane!' We got together after she landed and within five minutes we had the song.

You've written many songs for other people. How do you know when a song is best for you or someone else?

It's a case-by-case basis. But when an idea comes you don't think this would be great for so-and-so. All you think about is finishing it and finishing the thought and the melody before you lose it. Having said that, if it's about my dead dad or my fifth-grade girlfriend it's personal and not for someone else. That would be kind of weird. LINDA LABAN

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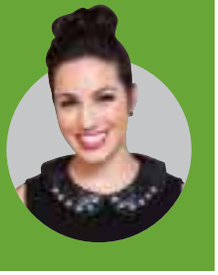
How to deal with awkward questions on your first date

LAURIE DAVIS EDWARDS

Single and Swiping

Laurie Davis Edwards is the founder of eFlirt, an online dating concierge service, and the best-selling author of "Love @ First Click: The Ultimate Guide to Online Dating."



When not presented tactfully, "big questions" can be a chemistry killer. ISTOCK

If you're asked "When was your last relationship?" on a first date, you probably want just want to reply with, "Whoa, that is TMI." But there is an art to answering these big questions on first dates.

"Big questions" are different for everyone, but it's usually the one, awkward thing that makes you cringe to answer. For one of my clients, it was a date who asked her, "What would your parents think if you brought me home?" He was asking because he was black, and she wasn't.

Whether you're asked something deep like this, or something more standard — such as, "How is online dating going for you?" — discussing it on a first date can stunt the growth of your developing dynamic and be a chemistry killer. Big questions are always valid for the other person to ask, but it's your first date – you might not even end up liking each other enough to care about the answer.

Refuse to answer the question and you could come off as stone cold. But explain every thought you have and you've suddenly become way too vulnerable on a first date. Here's how to answer any big question you're asked ... without making it a big moment:

Acknowledge that it was a big question

You need to let your date know that they've hit a limit. Starting with something like, "Wow, that's a deep question for a first date!" will discourage them from pushing you on your answer.

Give a broad answer

Be honest and keep it short. It shows an openness to have these big discussions but puts it on a realistic, first-date level. For example, my client who was asked how her parents would handle differing races could have responded, "Oh, they're totally fine with it! They're super-accepting people."

Transition off the topic

Move on by asking your date a (nonawkward) question to move the conversation forward. It's a subtle hint that you're done discussing.

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- ☑ Non-healing sores on your toes, feet or legs
- ☑ Coldness in your lower leg or foot
- ☑ Slower growth of your toenails
- ☑ Shiny Skin on your legs
- ☑ No pulse or a weak pulse in your legs or feet
- ☑ Erectile dysfunction in men

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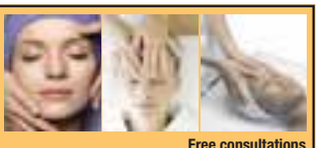

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Brilliance in Brownsville

Principal Nadia Lopez is revolutionizing education, one scholar at a time.

ALIZAH SALARIO
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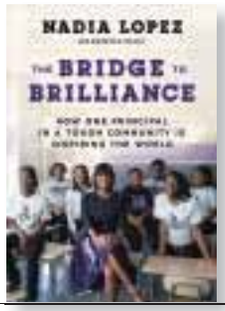
When Nadia Lopez left the corporate world to join the New York City Teaching Fellows, she didn't anticipate starting a school in one of the city's poorest neighborhoods.

Now a highly regarded educator and the founder and principal of Mott Hall Bridges Academy, a public middle school in Brownsville, Brooklyn, Lopez is widely recognized for her ability to build bridges in education — whether they be between educators and the communities they serve, or across the many divides in our education system.

She chronicles the challenges and rewards of founding Mott Hall in "Bridge to Brilliance: How One Principal in a Tough Community Is Inspiring the World" (out Aug. 30).

When we caught up with Lopez, she was eager to talk about the importance of an education that goes beyond academics.

Even though you grew up in Brooklyn, you came into the Brownsville community as an outsider. How did you earn people's trust?
I guess the best way of saying it is that I was going to be on the ground to do the work, and showing up within the community — even just walking through the housing developments, and greeting people and introducing myself. The residents should be respected and honored. So I did that every single day [during the summer of 2010], walking every block of Brownsville.



You also lead gender-specific summits about issues affecting the community. Why is teaching beyond academics so important to you, and how does it connect to the school's mission?
Prior to opening up the school, I was doing a lot of youth-empowerment summits. Every summer, there's a tragedy that we have to deal with in the community, and I don't want my children to become jaded in terms of feeling like they don't have any value in this world. Also, I don't want them to think that they need to become a threat to law enforcement because they feel like law enforcement is a threat to them.

Your story came to public attention after a chance meeting between one of your students and a Humans of New York photographer. What advice would you give to other educators, many of whom go unrecognized?
I would say: Stay encouraged. You don't get immediate gratification, and it won't necessarily come from the administrators you work with or the children that you serve, but you have to understand you're here to serve a higher purpose, and in doing so, the fruits of your labor come five to 10 years from now.

What's one thing you want people to know about your students?
How brilliant the children of Brownsville are. And that's pretty much the premise of the "Bridge to Brilliance." I firmly believe that if you reaffirm your community, and the children you come in contact with, they will rise to the occasion.

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Girls Who Code challenges the "brogrammers" boys club

In the summer immersion program, young women get schooled in both coding and confidence.

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Girls Who Code provides 10,000 girls with the skills they need to succeed in computer science or engineering. ISTOCK

When 17-year-old Aissatou Toure put her impressive tech skills to use, the coding newcomer decided to focus on an age-old problem: The gender-wage gap. Aissatou and four other teen girls created a Pac-Man-like video game called "Wage Rage" to address the inequality.

"We made a game that has a female player who collects coins, and tries to avoid discouraging men," says Aissatou. "We were always passionate about the idea."

The player has a bar that starts at 79 percent — how much the average full-time female worker earns for every dollar a man makes — and collects enough coins to reach one dollar, filling the wage gap.

Aissatou is one of 19 rising high school juniors and seniors who participated in this year's Girls Who Code Summer Immersion Program in New York, run in partnership with consulting firm Accenture and designed to inspire more young women to pursue careers in computing and engineering.

All participants come to the program with little to no coding experience, and leave with the ability to build websites and video games using HTML, pygame and Javascript.

In a male-dominated field with a reputation for macho, popped-collar-wearing "brogrammers," young women aren't always encouraged to enter computing or engineering. That's why the summer program teaches girls more than just coding basics.

"Ultimately, they gained confidence and the bravery to go out there and say, 'I can do it, and I can do it just as well as a man can, whether it's computer science or some other field,'" says Tricia Barlow, Accenture's Girls Who Code partnership program manager.

Though by 2020, there will be 1.4 million jobs available in computing-related fields, and U.S. graduates are on track to fill 29 percent of those positions, women are on track to fill just 3 percent.

However, Girls Who Code is rapidly working to level the playing field. It recently launched a #HireMe campaign, which helps build a direct pipeline to jobs for women majoring in high-tech fields. Today, nearly 20 companies have committed to giving more women jobs post-graduation.

The sense of empowerment students gain from the program is reflected in their final projects, many of which addressed social issues. Mildred Nyarko, another New York program participant, analyzed the portrayal of women in the media and created a website that taught young girls about feminism and body empowerment.

Though she'd taken a coding course in school, Mildred was one of the only girls in her class, and she hardly participated. Now, she hopes to one day pursue a career in computer science.

Says Mildred, "Before this [summer], I didn't have my life planned."

She's not alone: 92 percent of Summer Immersion alumnae said they were likely to major or minor in computer science coming out of the programs.

"We know that in order to continue building pathways to a career in tech, we need to extend our reach well before girls begin applying for college. The biggest drop-off in interest in tech is happening as early as middle school," says Girls Who Code founder and CEO Reshma Saujani.

This fall, the organization's after-school program will expand to all 50 states, making it the nation's largest after-school computer-science program.

Says Saujani, "By scaling our clubs programs this fall, Girls Who Code will reach 40,000 girls to-date by the end of this school year."

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What to make of the Giants, Jets after interesting preseason clash

So, were the defenses good or offenses bad?

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Will the Jets defense be as good as advertised once the regular season starts? GETTY IMAGES

The Snoopy Bowl was a dog of a game, for the most part, as both the Jets and Giants tried their best to fight through the malaise.

The final score, a 21-20 comeback win by the Giants, really wasn't the main point, but rather that both teams exited the contest relatively unscathed.

The starters for both outfits essentially played to a draw, as neither squad's prime players had much success against each other. The only score by either of the team's starters came on a 22-yard strike from Jets quarterback Ryan Fitzpatrick to wideout Eric Decker with five minutes remaining in the first half.

But that was about all the success Fitzpatrick has seen during his 56-play summer. The veteran journeyman, turned irreplaceable starter for Gang Green, has looked rusty during his brief appearances. Surely, his late-summer signing just minutes before the team's first meeting of training camp hasn't helped his cause, as Fitzpatrick's "Fitzmagic" has shown Jets' fans the cruelest of disappearance acts.

And with the starting offense likely to get a night off in next weekend's preseason finale in Philadelphia, Fitzpatrick and co. will need to manufacture some cohesion during practices and hope it translates on the field against the Cincinnati Bengals by the Sept. 11 opening day.

Head coach Todd Bowles had hoped to have seen his starting offense shake the doldrums, but all he got instead was more unanswered questions.

"We can get better. We missed some plays. But the biggest thing we don't need to have is the turnovers," Bowles said. "We're not close. We still have a lot to do before opening day."

Gang Green notes

- Linebacker David Harris suffered a shoulder injury on the final defensive play of the first half and didn't return. Bowles said more tests need to be run before further commenting.
- Running back Matt Forte made his Jets debut after missing the first two games with a hamstring injury. He finished with 12 touches — 10 carries for 28 yards and two catches for nine yards.
- The defense was bolstered by the return of defensive end Muhammad Wilkerson, who made his first preseason appearance. He immediately made his presence known by stymieing running back Rashad Jennings for no gain on the very first play.

Of course it didn't help that wideout Brandon Marshall was a last-minute scratch, as Bowles wanted the star receiver to nurse his banged-up hip. But Fitzpatrick and the offense's sluggishness goes beyond that.

So far this summer, the Fitzpatrick-led offense has generated a mere 14 points during 10 possessions in three games. Even with his final throw of the night — and probably summer — the 22-yard strike to Decker, it's been a cruel, cruel summer for the bearded one. Fitzpatrick looked jumpy and out of synch. Perhaps a lot of that had to do with a revamped and pricey Giants defense. But nevertheless, this is not the look of the same Fitzpatrick who had a career year, last season, and was the guy Jets fans were clamoring for during his time away from the team. Instead, by overthrowing wide-open receivers and fumbling in the red zone, he's looking more like the guy who was a journeyman until the Jets happened into his life.

The play of Fitzpatrick wasn't the only downer, though, because overall, Jets quarterbacks committed three turnovers. Geno Smith entered the game to immediate boos, and justified the cascade with uninspiring play in going 3-of-4 for 14 yards in just two series of play. Bryce Petty (5-of-10 for 52 yards) got a nice long look, but his night was marred by a 73-yard pick-six by defensive lineman Kerry Wynn. Many thought Saturday night was the night Petty could finally overthrow Smith as the No. 2 quarterback. It was a failed mission. Even Christian Hackenberg got into the game for the first time in his career. And he played as uneven as his predecessors. The rookie went 6-of-16 for a game-high 105 yards and a pristine touchdown throw, but that, too, was marred by an ill-advised interception deep in Jets' territory that set up the Giants' winning touchdown. The former Penn State star's night started off hot, connecting on his first four professional throws, but ended with a thud. So, essentially, nothing was gained by any of the four signal callers.

Bowles could only offer tepid responses when asked about the quarterback play, noting they "can't have the turnovers" that three of the four committed.

If not for that amazing defense, the Jets' offensive inabilities would be the leading storyline. So, until the offense rights itself, the franchise must hang its hat on field position and a stout defense — and hope its struggling quarterback finds that old magic.

With Romo's back broken, Prescott will start against Giants in Week 1

Dallas Cowboys quarterback Tony Romo suffered a broken bone in his back on the third play of Thursday night's preseason game and coach Jason Garrett said the injury would cost the veteran a chunk of the 2016 season.

An MRI on Friday revealed Romo's back injury is much worse than anticipated, Garrett announced Saturday, two days after he was knocked out of the game against the Seattle Seahawks.

"We're confident that he's going to be coming back and playing football for us this year," Garrett said but provided no timetable on Romo's possible return.

A source told NFL Media's Ian Rapoport that the best-case scenario for Romo's return is during the middle of the season.

Romo underwent a pair of back surgeries in 2013 and he missed most of last season with a twice-broken left collarbone. Garrett said the injury is not related to the surgeries Romo had in 2013.

On Dallas' third offensive play on Thursday night, Romo scrambled from the pocket, then went into a slide near the line of scrimmage. He was crunched by Seahawks defensive end Cliff Avril from the blind side.

After staying on the turf initially, Romo walked off on his own. He threw some passes on the sideline but was held out for the rest of the game by Garrett after lobbying to return. Romo completed his lone pass of the game for 11 yards.

"I was going into a slide," Romo said after the 27-17 loss to the Seahawks. "But in a weird way, I feel good about the fact that was probably as tough of a hit I've taken on the back as I've had in the last five years.

"From that regard, I feel very lucky that it can hold up and I can keep going."

Rookie fourth-round pick Dak Prescott likely will start the regular-season opener against the New York Giants on Sept. 11 if Romo is ruled out. REUTERS

Will Tony Romo really make it back on the field by midseason? GETTY IMAGES

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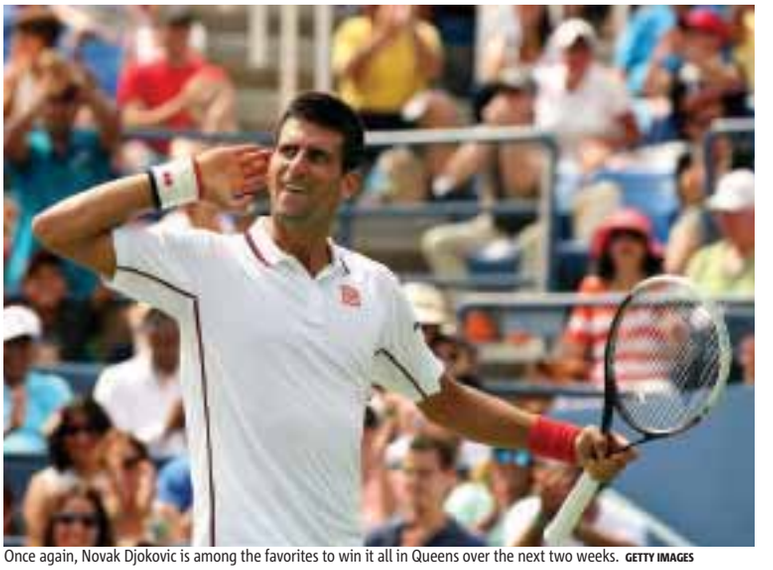

Once again, Novak Djokovic is among the favorites to win it all in Queens over the next two weeks. GETTY IMAGES

2016 US Open preview: Favorites and dark horses

The tennis world will converge on New York City over the next few weeks. Here's what to watch for.

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@MetroNewYork
sports@metro.us

The 2016 U.S. Open tennis tournament begins Monday in Queens with a full slate of action. Here's a look at the favorites and dark horses.

Men's singles

Favorites:

Novak Djokovic (No. 1 seed)
The defending US Open champ is battling a left wrist injury as he attempts to capture his 13th Major championship and third Grand Slam title of 2016.

"Well, the wrist hasn't been in ideal start for the last three and a half weeks, but I'm doing everything in my power with obviously the medical team to make sure that I'm as close to 100 percent as possible," Djokovic said.

Andy Murray (No. 2 seed)
Fresh off winning both Wimbledon and his second straight Olympic gold medal, Murray could claim to have enjoyed a better year than Djokovic if he captures the title in Flushing Meadows.

"Murray is undoubtedly playing the best tennis of his career, he'll feel he can win this tournament," said ESPN analyst Jason Goodall.

Dark horses:

Rafael Nadal (No. 4 seed)
The Spaniard has won twice here (2010 and '13), but hasn't captured a Grand Slam title since winning Roland Garros in 2014. He could face Djokovic in the semifinals.

Milos Raonic (No. 5 seed)
The Wimbledon runner-up to Murray, Raonic has a huge serve and massive forehand.

Marin Cilic (No. 7 seed)
The 2014 US Open champ is coming off a victory over Murray in the Cincinnati final, snapping the Scot's 22-match winning streak. He could face Djokovic in the quarters.

Juan Martin del Potro (Unseeded)
The 2009 US Open champ received a wildcard after taking out Djokovic and Nadal en route to the silver medal at the Olympics.

Women's singles

Favorite:

Serena Williams (No. 1 seed)
Stunned by Italian Roberta Vinci in the semifinals a year ago while en route to the calendar year Grand Slam, Serena is battling a shoulder injury but should be highly motivated to win her seventh U.S. Open and 23rd career major title.

"I'm starting to feel better now, and that's really positive," she said of her shoulder.

Dark horses:

Angelique Kerber (No. 2 seed)
The 28-year German left-hander stunned Serena in three sets to win her first major title at the Australian Open in January.

"Let's see how Serena will play here," she said. "Let's see how the others will play."

Madison Keys (No. 8 seed)
The 2015 Australian Open semifinalist has the power and poise to make a deep run.

Follow Adam Zagoria on Twitter @AdamZagoria for updates throughout the U.S. Open.

Coverage begins at 11 a.m. Monday on ESPN and will continue on their family of networks, and the Tennis Channel until the Finals on Sunday, Sept. 11.

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NOTICE OF FORMATION of Ramos Consulting LLC. Articles of Organization filed with the Secy. of State of New York (SSNY) on 05/16/2016. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 1831 Madison Ave., # 4F, New York, NY 10035. Purpose: To support schools with operational best practices.

NOTICE IS HEREBY GIVEN that a license, Number 1296728, for On Premise Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at 12921 Merrick Blvd., Jamaica, NY, for on-premises consumption. Merrick Blvd BBQ Restaurant & Catering Inc.

NOTICE IS HEREBY GIVEN that a license, Number Pending, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 172-32 Jamaica Ave., Jamaica, NY 11432. Queens County, for on premises consumption. Tropical Fantasy Inc. d/b/a Pending.

LEGAL NOTICES

NOTICE OF FORMATION of Jazminway LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on May 11, 2016. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 146-28 184th Street, Springfield Gardens, NY 11413. Purpose: Real Estate Investment.

NOTICE OF FORMATION of Access Social Adult Day Care, LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 06/06/2016. Office location: Kings County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 25 Elm Place, # 200, Brooklyn, NY 11201. Purpose: Adult Day Care.

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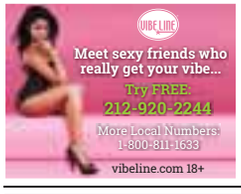

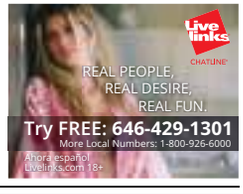

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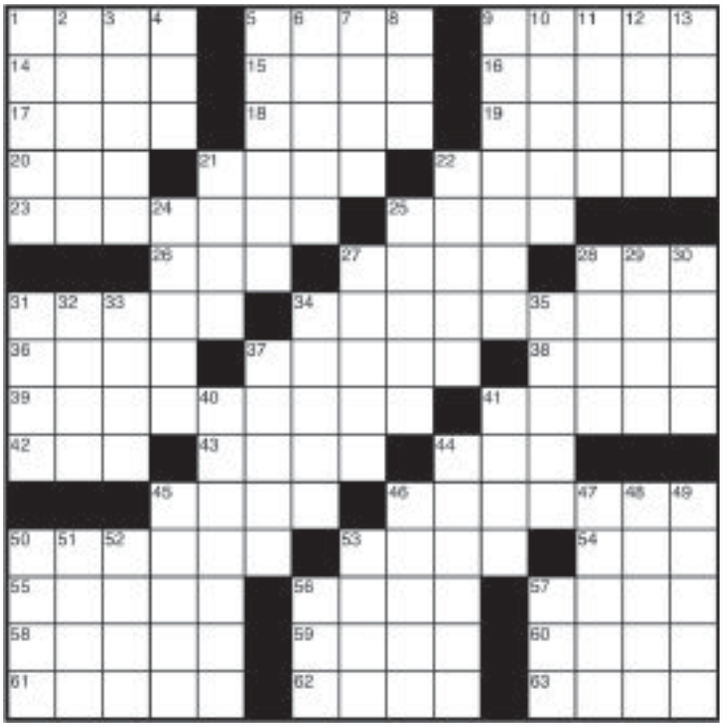
Across

1 Comply
5 Very pleased
9 Did a car job
14 Bone-dry
15 Focal points
16 Singer — Cara
17 Oodles (2 wds.)
18 Belonging to us
19 Char
20 Down for the count
21 Have the blues
22 Fragrant trees
23 Beyond rad
25 Failing that
26 No.
27 Admirer
28 Zoologist's eggs
31 Fill with
34 Toll booth sites
36 Apollo acronym
37 Dress lengths
38 Cleaning cloths
39 Oxford rival
41 Pyramid builder
42 Check fig.
43 To — — (exactly)
44 However
45 Montand of film
46 Hushed
50 Garage job
53 Happy rumble
54 Id companion
55 Avowed
56 Whiskey grains
57 Grand Ole —
58 Captain Nemo creator
59 Fume
60 Intuit
61 Reporters
62 Goes into hibernation
63 Chapeau's place

Down

1 Port near Kyoto
2 Look out —!
3 Form a butte
4 Still
5 Dim
6 Jeweler's lens
7 North-forty unit
8 Insult, slangily
9 Gets smart (2 wds.)
10 Hitch — —
11 Lucy Lawless role
12 Cal Tech grad
13 Report-card woes
21 Tiny particle
22 Feud participants
24 Pigeon dish
25 Creepy
27 Barely move
28 Not super
29 First-magnitude star
30 Club, briefly
31 Empire founder
32 Polite address
33 Cellar, briefly
34 Surf makers
35 Burnt up
37 Carpentry joint
40 Arroyos
41 California's — Woods
44 Spurts
45 Knitting basics
46 Chess piece
47 Home of a brave
48 Long-plumed heron
49 Moriarty's creator
50 Invitation addendum
51 Still-life subject
52 Leaf opening
53 Ceremonial fire
56 P.O. service
57 Frequently



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easy

		4	8	9				
8	3				6			
	6	5						9
2			9			6		4
	7		2		5		9	
9		8			7			3
3						2	6	
			7				4	1
				4	2	8		

hard

	5				7		2	4
7					3			8
			9	4		7		
6	8			1			7	
			5		8			
	4			6			5	2
		8		2	1			
4			8					6
2	6		3				8	

metro.us/horoscopes

Aries Tackle a competitive challenge and see matters through to the end. Your strength, courage and endurance will outmatch anyone who tries to mess with you.

Taurus Plan a trip or set up a meeting that helps you take the next step toward a brighter future. Networking functions will lead to an interesting proposal. Romance is highlighted.

Gemini Don't believe a smooth talker. Stick close to the people you know you can trust. Personal improvements will be your best bet. Don't settle for less when you can have more.

Cancer Recognize and employ your ability to manipulate situations to meet your needs. You have more going for you than you realize. Add a little spice to your love life.

Leo Emotions will mount if information is withheld. Get to the bottom of a situation before it has time to escalate. Your desire and devotion will lead you to success.

Virgo Someone else's demands should not get in the way of your progress. Distance yourself from anyone trying to put pressure on you. Follow your heart.

Libra You need to take control of your life. Diplomacy coupled with a stern demeanor will capture attention and help you get what you want.

Scorpio Favors will be granted and options will be given to you. Don't let your emotions or a stubborn attitude stand in your way. If you are proactive, success will follow.

Sagittarius Watch your step and don't say something that may be twisted or held against you. Moderation and keeping the peace should be your priorities if you want to avoid headaches.

Capricorn Do your own thing. Explore your inner self. Live, learn and experience life. Don't feel compelled to help someone who is pressuring you into doing something questionable.

Aquarius Show interest in the ones you love and discuss emotional concerns or hardships. Your attentiveness will be appreciated and will ensure that you get the same in return.

Pisces Visualize what you want and prepare to turn a project that interests you into something great. Don't let someone's selfish attitude cause you to miss out. EUGENIA LAST

Yesterday's answers

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